

GRASS ROOTS BEEF

NATURALLY RAISED.... PASTURE FED...GRASS FINISHED

Winter Stew Recipe

This is a straightforward beef stew from Jamie Oliver to which all sorts of root veggies can be added, including squash and Jerusalem artichokes, which partly cook into the sauce, making it really sumptuous with an unusual and wonderful flavour.

Ingredients:

- olive oil
- 1 tablespoon of butter
- 1 onion, peeled and chopped
- a handful of fresh sage leaves
- 1¾lb Grass Roots stew beef
- sea salt and freshly ground black pepper
- flour, to dust
- 2 parsnips, peeled and quartered
- 4 carrots, peeled and halved
- ½ a butternut squash, halved, deseeded and roughly diced
- a handful of Jerusalem artichokes, peeled and halved (optional)
- 1lb small potatoes
- 2 tablespoons tomato purée
- ½ a bottle of red wine
- 1 cup beef or vegetable stock
- zest of 1 lemon, finely grated
- a handful of rosemary, leaves picked
- 1 clove of garlic, peeled and finely chopped

The great thing about this stew is that it gets put together very quickly, in part because you don't need to brown the meat. Preheat the oven to 300°F. Put a little oil and the butter in a casserole pan. Add onion and all the sage leaves and fry for 3 or 4 minutes. Toss the meat in a little seasoned flour, then add it to the pan with all the vegetables, the tomato purée, wine and stock, and gently stir together. Season generously with freshly ground black pepper and just a little salt. Bring to a boil, cover, then cook in the preheated oven until the meat is tender. Sometimes this takes 3 hours, sometimes 4 – it depends on what cut of meat you're using and how fresh it is. The only way to test is to mash up a piece of meat and if it falls apart easily it's ready. Once it's cooked, you can turn the oven down to about 225°F and just hold it there until you're ready to eat.

The best way to serve this is by ladling big spoonfuls into bowls, accompanied by some really fresh, warmed bread. Mix the lemon zest, chopped rosemary and garlic together and sprinkle over the stew before eating. As soon as it hits the hot stew it will release an amazing fragrance.

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